



## **Abbeydale in** **MAY 2019**

### ➤ **Welcome and Goodbye's**

Welcome to Jason, our new Maintenance Manager, who started with us a few weeks ago and is just starting to get to grips with our building and lands. We hope he settles really well and is able to keep up to our maintenance team's Outstanding service and garden.

Also welcome Hannah Midgely. I have known Hannah most of her life after going to school together, Hannah is training to be a nurse and has asked if we can offer her some hours during the holidays. I will be coming round to get feedback at the residents meeting on how you think Hannah is doing.

### **News from the Residents Meeting**

Next Meeting will take place on Tuesday 8th of May at 12 noon. I hope you can all make it.

Joyce says that not only does she enjoy the bus trips but she admires the girls who go out with them and says they do a fantastic job.

It was suggested that when summer is here, we have outdoor activities, such as 'ping pong'. We will look into this and see what can be arranged for when the weather is nicer.

We went through the benefits of the power plate re circulation, especially for those who feel they don't get out for a walk enough. It is available every day from 4pm to 5pm.

We are looking into theatre matinee shows but be aware that we book tickets in advance. Please put your name down if you are going but if you decide not to go, you may still be charged if the place cannot be filled.

### ➤ **Dates for the Diary**

Musical function at St Johns Church, Ben Rhydding on Wednesday 29<sup>th</sup> of May.

The event is running between 2pm and 4pm and comprises of a 5 piece+ band that plays 60's style music with a number of very well-known classics. They play within the U3A organisation in Ilkley and have been performing for a few years.

Hopefully there will be a tea and biscuit break during the performance.

The Bluebird Singers are here with us on May 7<sup>th</sup>, the day before VE-Day 2019, with their 1940's themed show.

**VE-Day is short for Victory in Europe Day** and is observed on May 8th 2019. The date referred to the victory of the Allies of World War II consisting of France, Poland, Great Britain, Canada, Australia, New Zealand and South Africa over Nazi-Germany. It was the day when they accepted Germany's surrender issued by Reichspräsident Karl Dönitz. In the United Kingdom several events and markers for the Victory take place on VE-Day.

VE-Day beacons are lit, and commemorative silence is held. There are public

services and celebrations at schools with information, readings and singing. The Soviet Union, which also was one of Germany's enemies during World War II celebrates its Victory Day on May 9th. Most of the European countries celebrate the end of World War II as Liberation Day on alternating dates at the beginning of May.

We will celebrate here at Abbeydale alongside the rest of Europe.

### ➤ **Activities**

Keep an eye on the Activity planner and bus trips; we will be continuing to go out 4 afternoons a week. Any trips you wish to suggest please let the bus drivers or myself know and we will try to facilitate this.

One resident has asked if we can arrange some longer trips where we can go and walk round some stately homes or Ripley Castle. This is something I can arrange but due to mobility issues these will need arranged in advance and your names putting down, with tickets bought and paid for. If this is something of interest, please let me know in the Residents meeting or come speak to myself when I return from holiday.

If you have some suggestions, we could put one of these trips on every week or every two weeks depending on popularity throughout the summer.

10am to 3pm Beauty Treatments by Sam Thursday the 2<sup>nd</sup> of May please book in with reception if there is anything you would like to attend.

Kayleigh brought her Body Shop products for us to buy on Monday 29<sup>th</sup> April. If you purchased anything, your products will be arriving at Abbeydale in the next 10 days. I will see that they are paid for and the amount placed on your Care Account

## ➤ What we have been up to in March



**A Huge Happy Birthday to  
Nora Chalmers, Rebecca F Langdale  
and Clare Sutton**

**Hope you all had a supersonic  
birthday.**

The Easter chick's were here to bring pleasure and cuddles for all over the Easter period. We hope you all had a super weekend in the sunshine, we had so many visitors and my neices and nephews loved seeing you all when they visited, I believe Mia was even answering your buzzers for you.

Maureen said they had a super time at the Grassington music production and would like to thank Nigel for coming in on a Sunday to take them out.

Photo's to follow on the notice board.

## **Health and Wellbeing**

Let's get some fresh air. The weather is brightening up, the garden is coming together. We need get some planting done, please come and join us in the garden over the coming months to plant some bulbs and get some sunshine on our skin.

# **Safe**

## **Sun safety tips**

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
  - make sure you never burn
- cover up with suitable clothing and sunglasses
  - take extra care with children
- use at least factor 15 sunscreen
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### **What factor sunscreen (SPF) should I use?**

Don't rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 15 to protect against UVB
  - at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.

Don't spend any longer in the sun than you would without sunscreen.

### **What are the SPF and star rating?**

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection.

SPFs are rated on a scale of 2-50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least one third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

### **How to apply sunscreen**

Most people don't apply enough sunscreen. As a guide, adults should aim to apply around:

- 2 teaspoons of sunscreen if you're just covering your head, arms and neck

If sunscreen is applied too thinly, the amount of protection it gives is reduced. If you're worried you might not be applying enough SPF15, you could use a stronger SPF30 sunscreen.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
  - just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears – and head if you have thinning or no hair – but a wide-brimmed hat is better.

Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions.

We have a liberal supply of sunscreen for face and body kept behind reception desk and also sunhats by the back door near the library, please ensure you let us know before you head out into harmful rays.

### **Closing statements**

If any of your friends and family would like a copy of our monthly newsletter then they can collect one from the desk or if they're even further afield I am happy to send a copy to them via email, just leave your email address with  
Lynne Nicholson,

Myself and the rest of Abbeydale's management team would like to thank everyone for their patience with the new kitchen, and now with the work on the Nourish new care planning system. Over the month of May we will be coming to see one resident per day to finalise the care planning package and show you how the Nourish system works.

The aim is to start with bedroom numbers in order of date so Room 1 on May 1<sup>st</sup> room 2 on May 2<sup>nd</sup> and so on. This will be our way for updating plans of care for the future but I will explain this in detail at the residents meeting.

Well done everyone.

**There is an audio copy of this newsletter available on disk or USB for those who are struggling to read due to visual impairments. An audio copy of the Service User Guide and the residents meeting is also available .**

Kind Regards Francesca Dey.